CLAIMS:

1. A method of encoding a digital video stream, the method comprising the steps of

- dividing frames of the video stream into blocks;

- selecting quantizer scale values for respective ones of the blocks, under control of a complexity of a content of image information in the respective ones of the blocks, wherein an effect, of fluctuations of the complexity as a function of time and/or position of the respective ones of the blocks, on temporal and or spatial fluctuations of the quantizer scale values is dampened;

- computing video data quantized according to the selected quantizer scale values;

- generating an encoded video stream comprising the quantized video data.

2. A method of encoding a digital video stream according to Claim 1, wherein the selecting step comprises

- preselecting preliminary values for the quantizer scale values for respective ones of the blocks, under control of the complexity;

- temporally and or spatially low-pass filtering the preliminary values to determine the quantizer scale values to be used in the computing step.

3. A method of encoding a digital video stream according to Claim 1, wherein the digital video stream is an encoded video stream comprising information representing quantized input values, and requantizing the quantized input values according to the selected quantizer scale values.

4. A method of encoding a digital video stream according to Claim 1, the method comprising relating a succession of blocks from successive frames to each other on the basis of estimated motion vectors, the selecting step comprising temporally low-pass filtering a succession of quantization values that are provisionally selected for the successive blocks respectively.

5. A system for encoding a digital video stream, the system comprising

- a pre-processor arranged to compute image information for respective blocks of pixels in frames of the video stream;

- a quantizer arranged to quantize the computed image information, using block dependent quantizer scale values;

- an encoded video stream generator arranged to generate an encoded stream that encodes the quantized video data;

- a quantization scale selector arranged to select the quantizer scale values for respective ones of the blocks, under control of a complexity of a content of image information in the respective ones of the blocks, wherein an effect, of fluctuations of the complexity as a function of time and/or position of the respective ones of the blocks, on temporal and or spatial fluctuations of the quantizer scale values is dampened.

6. A system according to Claim 5, the system comprising

- a preselector for preselecting preliminary values for the quantizer scale values for respective ones of the blocks, under control of the complexity;

- a low pass filter unit for temporally and or spatially low-pass filtering the preliminary values to determine the quantizer scale values.

7. A system according to Claim 5, the pre-processor being arranged to compute the image information from an incoming encoded video stream with quantized input signal values , the quantizer requantizing the quantized input values.

8. A system according to Claim 6, the filter temporally low pass filtering preselected quantization that are pre-selected for a succession of selected blocks in different frames, the selected blocks being related to each other by motion vectors estimated for the frames.

9. A computer program product comprising a computer program with instructions for programming a computer to execute the method according to Claim 1.